

# September 2016

## LaSalle Middle School Lunch Menu

| Sun                                     | Mon  | Tue   | Wed   | Thu  | Fri  | Sat  |
|---|--|---|---|--|--|--|
| Alternate:<br>Ham Sandwich              | <b>MENU<br/>SUBJECT<br/>TO<br/>CHANGE</b>  | PLEASE MAKE<br>CHECKS<br>PAYABLE TO:<br>Holy Family<br>Food Service                         |   | 1<br><br>Sloppy Joe on<br>*Bun<br>Green Beans<br>Corn Chips<br>with Cheese<br>Peaches    | 2<br>EARLY DISMISSAL<br><br>Pepperoni Pizza<br>Mixed Greens<br>Pineapple                                 | 3<br><br>A choice of skim,<br>1% or skim<br>flavored milk<br>served with lunch.<br><br>*Indicates foods<br>rich in whole wheat<br>or whole grain.  |
| 4<br><br>Alternate:<br>Turkey Sandwich  | 5<br><br><b>LABOR<br/>DAY</b><br><br>NO SCHOOL                                   | 6<br><br>*Corn Dog<br>Potato Smiles<br>Fresh Veggies<br>Peaches                             | 7<br><br>Popcorn Chicken<br>Mixed Greens<br>*Garlic Toast<br>Banana                     | 8<br><br>Hot Dog on *Bun<br>Spicy Fries<br>Fresh Veggies<br>Pears                        | 9<br>EARLY DISMISSAL<br><br>Salisbury Steak<br>Mashed Potatoes<br>*Dinner Roll<br>Applesauce             | 10<br><br><b>Fresh Veggies:</b><br>Baby Carrots<br>Broccoli<br>Cucumbers<br>Green Peppers<br>Greens/Lettuce<br>Mushrooms<br>Onions<br>Tomatoes   |
| 11<br><br>Alternate:<br>Ham Sandwich    | 12<br><br>Hamburger on<br>*Bun<br>French Fries<br>Mixed Fruit<br>Cookie          | 13<br><br>*Walking Tacos<br>Spanish Rice<br>Mixed Greens<br>Pears                           | 14<br><br>Chicken Patty on<br>*Bun<br>Potato Smiles<br>Cucumbers<br>Banana              | 15<br><br>Egg & Sausage<br>Hash Brown<br>*Bagel<br>Mandarin<br>Oranges                   | 16<br>EARLY DISMISSAL<br><br>*Quesadilla<br>Mixed Greens<br>Corn Chips/Salsa<br>Apple Slices             | 17<br><br>NO<br>ALTERNATE<br>ON LATE<br>START<br>SCHOOL<br>DAYS  |
| 18<br><br>Alternate:<br>Turkey Sandwich | 19<br><br>Pulled Pork on<br>*Bun<br>French Fries<br>Mixed Greens<br>Peaches      | 20<br>TACO TUESDAY<br><br>2 Hard Shells<br>with Meat<br>Mixed Greens<br>Mandarin<br>Oranges | 21<br><br>Chicken Nuggets<br>Calif. Veggies<br>w/Cheese Sauce<br>*Garlic Toast<br>Pears | 22<br><br>*Spaghetti with<br>Meat Sauce<br>Mixed Greens<br>Bread Stick<br>Apple Wedges   | 23<br>EARLY DISMISSAL<br><br>Orange Chicken<br>Brown Rice<br>Fortune Cookie<br>Mixed Greens<br>Pineapple | 24   |
| 25<br><br>Alternate:<br>Ham Sandwich    | 26<br><br>Pork Tenderloin<br>on *Bun<br>Hash Brown<br>Mixed Greens<br>Applesauce | 27<br><br>Chicken Tenders<br>Green Beans<br>Garlic Toast<br>Peaches                         | 28<br><br>Hot Dog on *Bun<br>Potato Smiles<br>Carroteenies<br>Mixed Fruit               | 29<br><br>Turkey/Gravy<br>Mashed Potatoes<br>*Dinner Roll<br>Hot Apples<br>with Cinnamon | 30<br>EARLY DISMISSAL<br><br><b>STUDENT<br/>COUNCIL<br/>PIZZA<br/>DAY</b>                                | Middle<br>School Prices<br><br>Student Lunch: \$3.00<br>Extra Milk: \$0.60<br>Orange Juice: \$0.45<br>Extra Main: \$1.50<br>Extra Side: \$0.60<br>Guest Adult/Child:<br>\$3.75<br>Guests please bring<br>exact change. |

“This institution is an equal opportunity provider”